



Giveaway Checklist \_\_\_\_\_  
(client name)

Materials	Additional Ideas
Tongue cleaner	
Recipes	<b>Movies</b>
Small journal	Fast Food Nation
Washcloth	Food, Inc.
Hot water bottle	What the Bleep Do We Know?
Integrative Nutrition journal	Sicko
Thermos	Super Size Me
Reusable food container	The Pursuit of Happiness
Incense	The Secret
Incense holder	Fresh
Candle	An Inconvenient Truth
Chopsticks	The 11 <sup>th</sup> Hour
Relaxation CD	
	<b>Books</b>
<b>Books</b>	<i>Energetics of Food</i> , Steve Gagne
<i>Integrative Nutrition</i> , Joshua Rosenthal	<i>The Self-Self Healing Cookbook</i> , Kristina Turner
<i>Greens Glorious Greens</i> , Johnna Albi/Catherine Walthers	<i>16 Personality Types</i> , Linda V. Berens/Dario Nardi
<i>The Four Agreements</i> , Don Miguel Ruiz	
<i>Feeding the Whole Family</i> , Cynthia Lair/Peggy O'Mara	<b>Other</b>
<i>Your Body Knows Best</i> , Ann Louise Gittleman	Small kitchen items
<i>Spiritual Doodles</i> , Katherine Q. Revoir	Certificate for massage, yoga, etc.
<i>The Alchemist</i> , Paulo Coelho	Affirmation cards
	MP3 gifted from iTunes (many audio-books available)
<b>DVDs</b>	
Integrative Nutrition Healthy Shopping	
Integrative Nutrition Healthy Cooking	
<b>Food samples</b>	
Kale	
Collard greens	
Brown rice	
Quinoa	
Buckwheat	
Condiment	
Sweet vegetable	
Alternative sweeteners	
Beans	
Healthy snack	
Tea or coffee alternative	
Sea vegetable	
Organic dark chocolate	